

## CLAIMS

What is claimed is:

1. A plate comprising:
  - a central surface for holding food;
  - a perimeter rim which extends upward from the central surface; and
  - a lip which extends downward from the perimeter rim until the lip is substantially coplanar with the central surface.
2. The plate of claim 1 wherein:
  - the lip extends downward below the central surface.
3. The plate of claim 1 further comprising:
  - at least one notch in the lip, wherein the notch extends upward to enable a user to more easily pick up the plate.
4. The plate of claim 1 further comprising:
  - at least one grip formed in the lip to enable a user to more easily pick up the plate.
5. The plate of claim 1 wherein:
  - the plate is manufactured of paper.
6. The plate of claim 1 wherein:
  - the plate is manufactured of plastic.
7. The plate of claim 6 wherein:
  - the plate is manufactured of foamed plastic.
8. A disposable plate comprising:
  - a central, substantially planar surface;
  - a rounded rim which extends upward from the central, substantially planar surface; and
  - a lip which extends downward from the rounded rim until the lip is substantially coplanar with the central, substantially planar surface;

6           whereby, when the disposable plate is placed on a flat surface, the lip is substantially in  
7           contact with the flat surface, reducing an ability of wind to lift the disposable plate off the flat  
8           surface.

1           9.       The disposable plate of claim 8 wherein the disposable plate comprises paper.

1           10.      The disposable plate of claim 8 wherein the disposable plate comprises plastic.

1           11.      The disposable plate of claim 10 wherein the disposable plate comprises foamed plastic.

1           12.      The disposable plate of claim 8 wherein:  
2                 the lip extends beyond the central, substantially planar surface, whereby the lip will be  
3           held against the flat surface under tension of the rounded rim when food is placed on the central,  
4           substantially planar surface.

1           13.      The disposable plate of claim 8 further comprising:  
2                 at least one notch in the lip, whereby a user may lift the disposable plate away from the  
3           flat surface.

1           14.      The disposable plate of claim 8 further comprising:  
2                 at least one grip formed in the rounded rim, whereby a user may lift the disposable plate  
3           away from the flat surface.